

cold showers

Posted by turning.point - 11 Aug 2022 02:05

COLD SHOWERS. Regularly-scheduled cold showers when I wake up and before I go to bed have been helping a lot. I step in when the water is cold and it stays cold the entire time. It is difficult. It is supposed to be difficult! I find that when I summon the willpower to make the effort, it helps me strengthen my willpower in general. Also I don't take long showers because the water is cold, so that helps me stay clean for hygiene and spiritual purity.

Also, I have been reading "The Battle of the Generation" by Hillel S. On page 197 of the PDF he says to keep an index card in your pocket and mark down a point every time that you resist the urge. I've been doing that and it works for me.

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Re: cold showers

Posted by turning.point - 18 Dec 2022 00:55

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Re: cold showers

Posted by turning.point - 18 Dec 2022 00:59

A therapist suggests that a man needs to work on his constant need to please others.

What was his reply?

“Sure, if it makes you happy.”

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